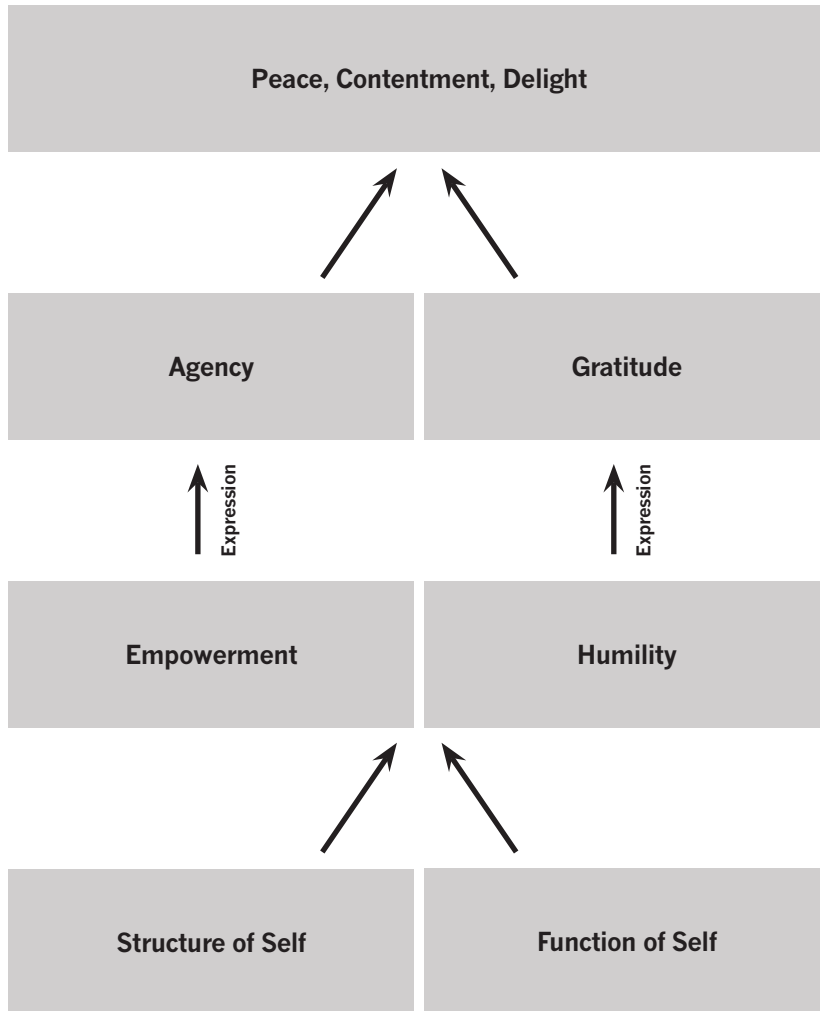


# Pillars of Mental Health

Simple

Complex



• Self

• Character Structure

• Defense Mechanisms

• Conscious Mind

• Unconscious Mind

• Strivings (Hopefulness)

• Behaviour

• Salience (Internal & External)

• Defense Mechanisms In Action

• Self-Awareness (“I”)

## GENERATIVE DRIVE

needs to be greater than

**Agressive Drive**

&

**Pleasure Drive**

If not, then

**AGRESSIVE DRIVE**

is too high or too low

and/or

**PLEASURE DRIVE**

is too high or too low

Too high leads to

**ENVY**

Too low leads to

**DEMORALIZATION**

If **ENVY** and/or

**DEMORALIZATION**

Go back and explore the

Structure of Self

&

Function of Self